

**Philadelphia Surgi-Center, Inc**  
**9500 Roosevelt Boulevard**  
**Philadelphia, PA 19115**  
**(215) 969-1048**

**PAIN MANAGEMENT POST-PROCEDURE INSTRUCTIONS**

Your physician has given you an injection of medication to decrease pain in your area of discomfort. The duration of pain relief from this procedure varies in each patient. The local anesthetic medication provides a temporary numbing effect lasting from one to several hours. The steroid medication begins to take effect 2-14 days after the injection and then continues to be effective for an extended period of time.

- Take it easy and rest today - DO NOT overdue although you may feel better.
- DO NOT drive until tomorrow. You may resume your regular activities tomorrow including exercise.
- Applying an ice pack to the injection site for 20-minute periods, then removing for 1 hour and repeating can relieve and prevent some tenderness at the site.
- Increase fluid intake today. Return to normal diet; eat lightly at first.
- Attempt to urinate every 4 hours until bedtime.
- Avoid activities that require bending, lifting, and twisting or prolonged sitting.
- Sometimes your pain may remain or you may even feel slightly worse - this is not unusual - Just remember to:
  - Take the pain medication you were given today or the one(s) you may already be using such as Tylenol, Percocet, etc. as directed.
  - Use a heating pad after the first 24 hours.

➔ **Keep your follow-up appointment to discuss your pain experience. If you don't already have a follow-up appointment, call the doctor's office to see if you need one.**

**SUBURBAN PAIN CONTROL CENTER**

**215-886-7856**

**It is NOT necessary to call the Pain Center for the following side effects that are considered acceptable, are usually temporary, and will most likely subside in a day or so.**

- Dizziness.
- Weaknesses, especially in the legs if injection was placed in lower back.
- Numbness.
- Ache from needle insertion.

**NOTIFY the Pain Center if the following symptoms occur:**

- Prolonged weakness or numbness in legs or arms - lasting more than one day.
- Drainage, redness, active bleeding or swelling at the injection site.
- Prolonged dizziness - lasting more than one day.
- Headache that increases when your head is upright and decreases when you lie flat.
- Temperature above 100.5.
- Inability to urinate for greater than 8 hours.

- **If you are experiencing severe pain or other pain related problems, it may be necessary for you to go the nearest Emergency Room: LET THEM KNOW YOU HAD AN INJECTION.**

\_\_\_\_\_  
**Patient Signature / Responsible Party**

\_\_\_\_\_  
Relationship to Patient

\_\_\_\_\_  
Instructions Given By

\_\_\_\_\_  
Date